

City of Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Enjoy Fresh Fruits and Vegetables at the Council on Aging's Farmers Market

What's a Mandala?

As many of you know, the Council on Aging has been adding health, wellness, and mind/body programming to its calendar continually. One more way we have learned to keep the mind and spirit healthy: mandalas. The word “mandala” (pronounced mon-dah-lah) means circle. Mandalas are circular designs that are used primarily as a form of meditation to gain knowledge from within. The design is supposed to be visually appealing so people can absorb their mind in such a way that irritating thoughts are unable to get through and a spiritual essence surrounds the individual.



A sampling of the fresh vegetables available

The date and format for this year's Farmers Market has changed a little, but it's still a great value—and there's lots to choose from each Friday from 10:30 a.m. to noon at our Holland Street site. Summer corn has been a big hit, as have the fresh peaches and raspberries. The market also has plenty of different greens every week, and other fresh vegetables for you to enjoy all summer long. If, for some reason, you can't make it to our Friday market, there are Farmers Markets all over the City at different times and locations. Later in the day on Friday, from 12:30-2:00 p.m.,

you'll find one at the Winter Hill Community Innovation School. On Saturdays, you can visit the North Street Housing Development from 11:00 a.m. to 12:30 p.m. and the Mystic Housing Development from 1:00 to 3:00 p.m. These friendly markets have very low prices—and they accept cash, credit, debit, and farmers market coupons. Also, SNAP (food stamps) or WIC customers pay half price.

Speaking about low-cost, what's better than free? Check out the gardens we have at the Ralph and Jenny Center, as well as the plot at Chuckie Harris Park in East Somerville, right behind our Cross Street Center. In both cases, a huge thank you to Vilma Sullivan, our master gardener, the Cross Street patrons, and the great crew from Teen Empowerment.



A sampling of the fresh fruit available



Vilma and friends getting ready to plant!

Message from the Mayor

Dear Friends,

Can you believe it is already our 35th Annual Mayor's Picnic this month. Wednesday, August 5th, will be a great day to catch up with old friends and meet new ones. Many thanks to all the Somerville businesses that donated door prizes; they are all terrific and the seniors will enjoy winning them.

I would like to thank the staff at the Council on Aging for all their hard work on putting the picnic together. I can't wait to get around to see you and have a chance to say hello.

There are so many terrific fall events coming up for you to participate in; it sounds like the fall foliage trip will be nice. Please take time to look through this newsletter at the many new and regular programming at our three citywide Senior Centers.

Sincerely yours,



Contacts & Information

EXECUTIVE DIRECTOR

Cindy L. Hickey

BOARD

Suzanne Rinfret ▪ Chair

Roseanne Bent ▪ Vice Chair

Cheryl Horan ▪ Liaison to the Director

Louis Favreau

Eddie Abate

Marie Linscott

Rose Earle

STAFF

Connie Lorenti ▪ Fiscal Aide

Suzanne Norton ▪ LICSW, Social Worker

Natasha Naim ▪ LCSW, Social Worker

Maureen Bastardi ▪ Outreach Worker

Janine Lotti ▪ Senior Project Manager

Christopher Kowaleski ▪ Health and Wellness Coordinator

Mimi DelGizzi ▪ Nutritionist

Josephine Raczkowski ▪ Office Assistant

Judy Calvey ▪ Holland Street Director

Kim Moss ▪ Ralph and Jenny Director

COUNCIL ON AGING OFFICE

Monday - Friday 8:30 a.m. - 4:30 p.m.

CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday, Wednesday, & Thursday 9 a.m.-3 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday - Thursday 9 a.m.-3 p.m.

Healthy Living News You Can Use

Healthy No-Bake Dessert

Raw Cherry Peach Crisp with Chia and Dates



Sweet cherries and peaches get a flavorful topping made from dates, nuts, and nutritious chia seeds.

This is a superb fresh dessert, yet is healthful enough to serve for snacks. If you attended our Nutrition Fair this Spring, you may have tried it already. It calls for cherries and peaches, but you can use any summer stone fruit.

Ingredients:

- 1/2 pound (about 2 cups) cherries, pitted and quartered
- 1 pound (about 2 cups) peaches, pitted and thinly sliced. ***We have peaches at the Holland Street Farmers Market!***
- 1/2 teaspoon pure vanilla extract
- 3 tablespoons orange juice, divided
- 1 cut pitted dates
- 3/4 cup slivered almonds
- 1/3 cup chia seeds
- 1 1/2 teaspoons ground cinnamon

To Make:

1. Toss cherries and peaches with vanilla and 2 tablespoons of the orange juice.
2. Spoon into an 8-inch square dish and smooth the top.
3. In a food processor, combine dates, nuts, chia seeds, and cinnamon and process until coarsely ground.
4. Pour in remaining 1 tablespoon of orange juice and pulse until combined.
5. Spoon chia mixture evenly over the top of cherries and serve, or cover and refrigerate up to 3 days.

Protect Yourself in the Heat

After such a difficult Winter season, who would think we would have to talk about the dangers of the heat? However, Summer is here and we've had some very, very hot days of late.

Older adults are more prone to heat stress than younger people for several reasons:

- They do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Here are some simple tips to prevent heat exhaustion and heat stroke in older adults:

- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting someplace with air-conditioning. All of the Council on Aging Centers are cooling centers you can visit.
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- If you need to be outdoors, please rest often and stay in the shade if at all possible.
- Do not engage in strenuous activities.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

3 8:30 Fit-4-Life Walking and Talking Group (H) 11:30 Lunch (H) 12-1 Individual Nutrition Counseling with Mimi (H)	4 10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 12:00 Lunch (R), C) 12:45 Bingo (R)	5 Mayor's Annual Picnic Powderhouse Park All Centers Closed	6 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R), C)) 12:45 Bingo (H)	7 10:00 Book Club (H) 10:30 Farmers Market (H) 11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H)
10 8:30 Fit-4-Life Walking and Talking Group (H) 11:30 Lunch (H) 11:30 LGBT Lunch (H) 12-1 Individual Nutrition Counseling with Mimi (H) 4:30 LGBT Advisory Board (H) Mohegan Sun	11 10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 12:00 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R)	12 10:00 English Conversation (C) 10:00 Cards (R) 11:30 Lunch (H, R), C) 12:45 Bingo (R)	13 10:00 Cards (R) 10:00 Scarves for Soldiers (R) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R), C) 12:45 Bingo (R), H)	14 10:30 Farmers Market (H) 11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H)
17 8:30 Fit-4-Life Walking and Talking Group (H) 11:30 Lunch (H) 12-1 Individual Nutrition Counseling with Mimi (H) 5:30 LGBT Dinner and a Movie Revere Beach	18 ALL CENTERS CLOSED 6:00 Caregiver Support (H)	19 10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C) 12:45 Bingo (R)	20 10:00 Cards (R) 10:00 Scarves for Soldiers (R) 10:00 Blood Pressure (H) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R), C) 12:45 Bingo (R), H)	21 10:30 Farmers Market (H) 11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H)
24 8:30 Fit-4-Life Walking and Talking Group (H) 9:30 Veterans Group (H) 9:30 Foundations of	25 10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 10:00 Senior Housing 101 (H)	26 10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C)	27 10:00 Cards (R) 10:00 Knitting Scarves for Soldiers (R) 10:00 Current Events (H)	28 10:30 Farmers Market (H) 11:00 Nutrition Counseling with Mimi (H)

2015

AUG

Knowledge Lecture Series continues (H) 11:30 Lunch (H) 12-1 Individual Nutrition Counseling with Mimi (H)	11:30 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R) 1:00 Afternoon at the Movies—Woman in Gold (H)	Lowell Spinners	10:00 Blood Pressure (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R), C) 12:45 Bingo (R), H)	11:30 Lunch (H) 12:45 Bingo (H)
---	--	------------------------	---	------------------------------------

31 8:30 Fit-4-Life Walking and Talking Group (H) 11:30 Lunch (H) 12-1 Individual Nutrition Counseling with Mimi (H)	31 		
--	--	--	--

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE

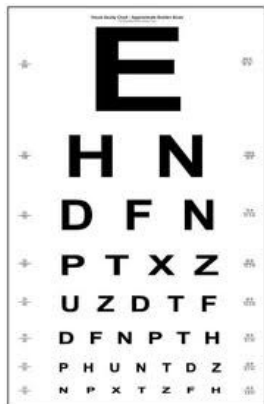
Monday: Walking and Talking, 8:30 a.m. (H) ; Nutrition Counseling with Mimi , 12:00 p.m. (H) ; *Fit 4 Life C, 1:00 p.m., (H)
 Tuesday: Strengthening, 9:15 a.m., \$3 per class (H); Fit 4 Life Cross Street, 11:15 a.m.;Dalcroze Eurhythms, 1:00 p.m., \$2/class(H); *LBT Fit4Life, 6:00 p.m (H)
 Wednesdays: *Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)
 Thursdays: Strengthening, 9:30 a.m., \$3 per class (R) ; Yoga, 9:00 a.m., (H) ; Fit 4 Life at Cross Street, 11:15 a.m. *LBT Fit 4 Life, 6:00 p.m. (H)
 Fridays: *Fit 4 Life A, 8:45 a.m./B, 9:55 a.m.; Nutrition Counseling with Mimi, 11:00 a.m. (H)

KEY TO ABBREVIATIONS

H: HOLLAND STREET C: CROSS STREET CENTER RJ: RALPH & JENNY CENTER

News You Can Use from the Social Services Desk

Support for Those With Low Vision



The Council on Aging's Social Services staff invites you to come and join the **Low Vision Support Group** that meets the second Tuesday of each month, from 10:30 -11:30 a.m in our Holland Street Center. The goal of the Low Vision Support Group is to enhance the quality of life for persons affected by vision loss by

empowering participants through peer support, education, information and interaction.

One of the most viable benefits of a Low Vision Support Group is contact with people who have had a similar experience. There is first a feeling of relief – "I am not the only person experiencing this". The consumer has a place to find answers and share ideas -with people who "get it". The subtleties of knowing through experience are present in identifying needs and coming up with solutions. Details are not lost to the listeners, they know what is meant.

Unfortunately, Two More Scam Alerts

THE FIRST SCAM ALERT TO TELL YOU ABOUT COMES FROM A NOTICE FROM the Massachusetts Executive Office of Elder Affairs. Apparently, there is a new attempt to obtain personal medical information over the phone, in order to bill the government (Medicare) falsely. In this reported scam, the caller **used the name of the COA director** in that town. The caller asked "a few questions" (their doctor, their meds and their Medicare number). The elder refused the last request and hung up. They then called the COA to complain about the director!

Please remember---and remind your friends and caregivers ---that **NO ONE WILL PLACE A PHONE CALL AND ASK FOR YOUR MEDICARE NUMBER! JUST HANG UP.** If possible, get the caller's phone number from the telephone screen, and contact the local police.

WE LEARNED ABOUT THE SECOND SCAM FROM THE FEDERAL TRADE COMMISSION.

Professional scammers have made websites that look like registration sites for **Section 8 waiting list lotteries**. If you pay a fee or give your personal information, the scammers will take it, and you still won't be on a real Section 8 waiting list. **In fact, there is no fee to register for a Section 8 waiting list.**

If you search online for the Section 8 voucher waiting list, the top search results often are bogus sites. The sites look very real: their names may say "Section 8," and they might show an Equal Housing Opportunity logo. They ask for fees and for personal information. However, they won't help you. Scammers keep your money and disappear. They also may give your personal information to identity thieves.

Here's the **real** way things work: The U.S. Department of Housing and Urban Development (HUD)'s Section 8 program gives funding to **local government housing authorities**. These local authorities issue housing choice vouchers to help people find housing in privately-owned rental units. To get on the waiting list for a voucher, find your local housing authority and call or email them. There is no fee. **The Council on Aging's Social Service staff hosts a "Housing 101" session on the last Tuesday of every month. Ask how to sign up for the Section 8 waiting list lottery in your area.** Some sites also advertise Section 8 properties that supposedly are available and ask for first month's rent via pre-paid card or wire transfer. The properties could be Section 8 eligible, but the ads are fake. People have lost money and personal information to scammers – but they've also lost the chance to be in the actual lottery. Most people don't realize they've been scammed until after the waiting list is closed.

Fitness Classes

Dalcroze Eurhythmics

On Hiatus Until Fall.

Strengthening with Geoff

Tuesday	9:15 - 10:15 a.m.	Holland Street
Thursday	9:30 - 10:30 a.m.	Ralph and Jenny

Fit-4-Life Fitness and Nutrition Program

- ♦ Open to all 55+ on Wednesday and Friday mornings and afternoons at Holland Street, and Tuesday and Thursday afternoons at Cross Street.
 - ♦ Open to Somerville's Lesbian, Bisexual, and Transgender women 55 and older on Tuesday and Thursday evenings at Holland Street.
- Call Chris at (617) 625-6600, ext. 2315 for more information.

Bowling at Flatbread

On Hiatus Until Fall.

Zumba for All (\$3 per class, \$15 for 6 classes)

Wednesday	5:15-6:15 p.m.	Holland Street
-----------	----------------	----------------

Yoga

On Hiatus Until Fall.

Keep Moving: Everyday Exercises for Older Adults

Sun/Tues	12:30 p.m. and 7:30 p.m.
Thursday	12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15



LGBT Monthly Lunch – The next monthly luncheon will be Monday, August 10th at 11:30 a.m.

LGBT Advisory Group – Our next Advisory Group meeting will be Monday, August 10th at 4:30 P.M.

LGBT Dinner & Movie – Monday, August 17th at 5:30 p.m.

*If you have any questions regarding LGBT programming at the Somerville Council on Aging, please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at MBastardi@Somervillema.gov



Spotlight on...



This month's spotlight is a little different. It's not about a particular person or even a particular agency. It's about the ***spirit of collaboration and cooperation***. Our City is so amazing when it comes to developing and delivering joint programming that we thought it was important to recognize some of the many people and organizations that collaborate with the Council on Aging to help us deliver quality programming and services for Somerville's older adults. In particular, just in the last year, we have collaborated with many other City departments: the ***Somerville Arts Council***, the Somerville Police Department, the Urban Ambassadors program, Somerville Health Department, and the ***Somerville Public Schools***. Of particular note is the funding the Arts Council has provided for several different artists and educational programs to visit our Centers, as well as their fantastic Foodie Tour in Union Square. The music and choral programs from students in Somerville Public Schools have provided joy and smiles for all when they entertained at Cross Street for Multicultural Day and also when band camps have performed during the summer months. We have built very strong relationships with many community partners, not-for-profits, and human services agencies in the City as well. Both the Somerville Health Foundation and the Tufts Health Foundation have made it possible to expand our wellness and nutrition programming to Cross Street and to do more and more collaborative program planning with ***Teen Empowerment***. We mention Teen Empowerment in particular because their young adults and our older adults have developed a mutual love and respect that has resulted in learning more about how Teen Empowerment plans and develops program. We have used that model to plan and produce cook-offs, field trips, exercise, and gardening programs—to name a few. For the first time ever, HONK brought a group of young summer camp musicians to Cross Street to play, celebrate, and march. These are just a few examples of how people and providers in our great City have been working together to make great programs happen all during the year. Hoorah, and thank you.

Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

WWW.SOMERVILLEMA.GOV/DEPARTMENTS/COUNCIL-ON-AGING

WWW.FACEBOOK.COM/SOMERVILLECOA ■ [@SOMERVILLECOA](https://www.instagram.com/SOMERVILLECOA)
